

ALCOHOL EXPECTANCY QUESTIONNAIRE—III (ADULT)

The following pages contain statements about the effects of alcohol. Read each statement carefully and respond according to your own personal thoughts, feelings and beliefs about alcohol now. We are interested in what you think about alcohol, regardless of what other people might think.

If you think that the statement is true, or mostly true, or true some of the time, then mark (X) "Agree" on the answer sheet. If you think the statement is false, or mostly false, then mark (X) "Disagree" on the answer sheet. When the statements refer to drinking alcohol, you may think in terms of drinking any alcoholic beverage, such as beer, wine, whiskey, liquor, rum, scotch, vodka, gin, or various alcoholic mixed drinks. Whether or not you have had actual drinking experiences yourself, you are to answer in terms of your beliefs about alcohol. It is important that you respond to every question.

Begin answering on Question 1. Please answer every item on the answer sheet.

PLEASE BE HONEST. REMEMBER, YOUR ANSWERS ARE CONFIDENTIAL.

ANY QUESTIONS?/Please ask the examiner.

GO TO THE NEXT PAGE

RESPOND TO THESE ITEMS ACCORDING TO WHAT YOU PERSONALLY
BELIEVE TO BE TRUE ABOUT ALCOHOL
(Mark "X" according to your beliefs)

- | Agree | Disagree | |
|-------|----------|--|
| _____ | _____ | 1. Alcohol can transform my personality. |
| _____ | _____ | 2. Drinking helps me feel whatever way I want to feel. |
| _____ | _____ | 3. Some alcohol has a pleasant, cleansing, tingly taste. |
| _____ | _____ | 4. Alcohol makes me feel happy. |
| _____ | _____ | 5. Drinking adds a certain warmth to social occasions. |
| _____ | _____ | 6. Sweet, mixed drinks taste good. |
| _____ | _____ | 7. When I am drinking, it is easier to open up and express my feelings. |
| _____ | _____ | 8. Time passes quickly when I am drinking. |
| _____ | _____ | 9. When they drink, women become more sexually relaxed. |
| _____ | _____ | 10. Drinking makes me feel flushed. |
| _____ | _____ | 11. I feel powerful when I drink, as if I can really influence others to do as I want. |
| _____ | _____ | 12. Drinking increases male aggressiveness. |

ANSWER ACCORDING TO YOUR CURRENT PERSONAL BELIEFS

- | | | |
|-------|-------|--|
| _____ | _____ | 13. Alcohol lets my fantasies flow more easily. |
| _____ | _____ | 14. Drinking gives me more confidence in myself. |
| _____ | _____ | 15. Drinking makes me feel good. |
| _____ | _____ | 16. I feel more creative after I have been drinking. |
| _____ | _____ | 17. Having a few drinks is a nice way to celebrate special occasions. |
| _____ | _____ | 18. I can discuss or argue a point more forcefully after I have had a few drinks. |
| _____ | _____ | 19. When I am drinking I feel free to be myself and to do whatever I want. |
| _____ | _____ | 20. Drinking makes it easier to concentrate on the good feelings I have at the time. |
| _____ | _____ | 21. Alcohol allows me to be more assertive. |
| _____ | _____ | 22. When I feel "high" from drinking, everything seems to feel better. |
| _____ | _____ | 23. A drink or two makes the humorous side of me come out. |

GO TO THE NEXT PAGE

ANSWER ACCORDING TO WHAT YOU PERSONALLY BELIEVE NOW

(Mark "X" according to your beliefs)

- | Agree | Disagree | |
|-------|----------|---|
| _____ | _____ | 24. If I am nervous about having sex, alcohol makes me feel better. |
| _____ | _____ | 25. Drinking relieves boredom. |
| _____ | _____ | 26. I find that conversing with members of the opposite sex is easier for me after I have had a few drinks. |
| _____ | _____ | 27. After a few drinks, I feel less sexually inhibited. |
| _____ | _____ | 28. Drinking is pleasurable because it is enjoyable to join in with people who are enjoying themselves. |
| _____ | _____ | 29. I like the taste of some alcoholic beverages. |
| _____ | _____ | 30. If I am feeling restricted in any way, a few drinks make me feel better. |
| _____ | _____ | 31. Men are friendlier when they drink. |
| _____ | _____ | 32. It is easier for me to meet new people if I've been drinking. |
| _____ | _____ | 33. After a few drinks, it is easier to pick a fight. |
| _____ | _____ | 34. Alcohol can eliminate feelings of inferiority. |

ANSWER ACCORDING TO YOUR CURRENT PERSONAL BELIEFS

- | | | |
|-------|-------|---|
| _____ | _____ | 35. Alcohol makes women more sensuous. |
| _____ | _____ | 36. If I have a couple of drinks, it is easier to express my feelings. |
| _____ | _____ | 37. I feel less bothered by physical ills after a few drinks. |
| _____ | _____ | 38. Alcohol makes me need less attention from others than I usually do. |
| _____ | _____ | 39. Alcohol makes me more outspoken or opinionated. |
| _____ | _____ | 40. After a few drinks, I feel more self-reliant than usual. |
| _____ | _____ | 41. After a few drinks, I don't worry as much about what other people think of me. |
| _____ | _____ | 42. When drinking, I do not consider myself totally accountable or responsible for my behavior. |
| _____ | _____ | 43. Alcohol enables me to have a better time at parties. |
| _____ | _____ | 44. Anything which requires a relaxed style can be facilitated by alcohol. |

GO TO THE NEXT PAGE

ANSWER ACCORDING TO WHAT YOU PERSONALLY BELIEVE NOW
(Mark "X" according to your beliefs)

- | Agree | Disagree | |
|-------|----------|---|
| _____ | _____ | 45. Drinking makes the future seem brighter. |
| _____ | _____ | 46. I am not as tense if I am drinking. |
| _____ | _____ | 47. I often feel sexier after I have had a couple of drinks. |
| _____ | _____ | 48. Having a few drinks helps me relax in a social situation. |
| _____ | _____ | 49. I drink when I am feeling mad. |
| _____ | _____ | 50. Drinking alone or with one other person makes me feel calm and serene. |
| _____ | _____ | 51. After a few drinks, I feel brave and more capable of fighting. |
| _____ | _____ | 52. Drinking can make me more satisfied with myself. |
| _____ | _____ | 53. There is more camaraderie in a group of people who have been drinking. |
| _____ | _____ | 54. My feelings of isolation and alienation decrease when I drink. |
| _____ | _____ | 55. A few drinks makes me feel less in touch with what is going on around me. |

ANSWER ACCORDING TO WHAT YOU BELIEVE NOW

- | | | |
|-------|-------|--|
| _____ | _____ | 56. Alcohol makes me more tolerant of people I do not enjoy. |
| _____ | _____ | 57. Alcohol helps me sleep better. |
| _____ | _____ | 58. Drinking increases female aggressiveness. |
| _____ | _____ | 59. I am a better lover after a few drinks. |
| _____ | _____ | 60. Women talk more after they have had a few drinks. |
| _____ | _____ | 61. Alcohol decreases muscular tension. |
| _____ | _____ | 62. Alcohol makes me worry less. |
| _____ | _____ | 63. A few drinks make it easier to talk to people. |
| _____ | _____ | 64. After a few drinks I am usually in a better mood. |
| _____ | _____ | 65. Alcohol seems like magic. |
| _____ | _____ | 66. Women can have orgasms more easily if they have been drinking. |
| _____ | _____ | 67. At times, drinking is like permission to forget problems. |
| _____ | _____ | 68. Drinking helps me get out of a depressed mood. |

GO TO THE NEXT PAGE

ANSWER ACCORDING TO WHAT YOU PERSONALLY BELIEVE NOW

(Mark "X" according to your beliefs)

Agree Disagree

- | | | |
|-------|-------|---|
| _____ | _____ | 69. After I have had a couple of drinks I feel I am more of a caring, sharing person. |
| _____ | _____ | 70. Alcohol decreases my feelings of guilt about not working. |
| _____ | _____ | 71. I feel more coordinated after I drink. |
| _____ | _____ | 72. Alcohol makes me more interesting. |
| _____ | _____ | 73. A few drinks make me feel less shy. |
| _____ | _____ | 74. If I am tense or anxious, having a few drinks makes me feel better. |
| _____ | _____ | 75. Alcohol enables me to fall asleep more easily. |
| _____ | _____ | 76. If I am feeling afraid, alcohol decreases my fears. |
| _____ | _____ | 77. A couple of drinks makes me more aroused or physiologically excited. |
| _____ | _____ | 78. Alcohol can act as an anesthetic, that is, it can deaden pain. |
| _____ | _____ | 79. I enjoy having sex more if I have had some alcohol. |

ANSWER ACCORDING TO WHAT YOU PERSONALLY BELIEVE NOW

- | | | |
|-------|-------|---|
| _____ | _____ | 80. I am more romantic when I drink. |
| _____ | _____ | 81. I feel more masculine/feminine after a few drinks. |
| _____ | _____ | 82. When I am feeling antisocial, drinking makes me more gregarious. |
| _____ | _____ | 83. Alcohol makes me feel better physically. |
| _____ | _____ | 84. Sometimes when I drink alone or with one other person it is easy to feel cozy and romantic. |
| _____ | _____ | 85. I feel like a more happy-go-lucky person when I drink. |
| _____ | _____ | 86. Drinking makes get-togethers more fun. |
| _____ | _____ | 87. Alcohol makes it easier to forget bad feelings. |
| _____ | _____ | 88. After a few drinks, I am more sexually responsive. |
| _____ | _____ | 89. If I am cold, having a few drinks will give me a sense of warmth. |

GO TO THE NEXT PAGE

ANSWER ACCORDING TO WHAT YOU PERSONALLY BELIEVE NOW
(Mark "X" according to your beliefs)

- | Agree | Disagree | |
|-------|----------|---|
| _____ | _____ | 90. It is easier to act on my feelings after I have had a few drinks. |
| _____ | _____ | 91. I become lustful when I drink. |
| _____ | _____ | 92. A couple of drinks makes me more outgoing. |
| _____ | _____ | 93. A drink or two can make me feel more wide awake. |
| _____ | _____ | 94. Alcohol decreases my hostilities. |
| _____ | _____ | 95. Alcohol makes me feel closer to people. |
| _____ | _____ | 96. I tend to be less self-critical when I have something alcoholic to drink. |
| _____ | _____ | 97. I find that conversing with members of the opposite sex is easier for me after I have had a few drinks. |
| _____ | _____ | 98. Drinking makes me feel flushed. |
| _____ | _____ | 99. It is easier to remember funny stories or jokes when I have been drinking. |
| _____ | _____ | 100. After a few drinks, I am less submissive to those in positions of authority |
| _____ | _____ | 101. Alcohol makes me more talkative. |
| _____ | _____ | 102. I am more romantic when I drink. |

ANSWER ACCORDING TO WHAT YOU PERSONALLY BELIEVE NOW

- | | | |
|-------|-------|--|
| _____ | _____ | 103. Men can have orgasms more easily if they have had a drink. |
| _____ | _____ | 104. A drink or two is really refreshing after strenuous physical activity. |
| _____ | _____ | 105. Alcohol enables me to have a better time at parties. |
| _____ | _____ | 106. I can be more persuasive if I have had a few drinks. |
| _____ | _____ | 107. Drinking makes people feel more at ease in social situations. |
| _____ | _____ | 108. Alcohol helps me sleep better. |
| _____ | _____ | 109. After a drink or two, things like muscle aches and pains do not hurt as much. |
| _____ | _____ | 110. Women are friendlier after they have had a few drinks. |
| _____ | _____ | 111. Alcohol makes me worry less. |
| _____ | _____ | 112. Alcohol makes it easier to act impulsively or make decisions quickly. |
| _____ | _____ | 113. Alcohol makes me feel less shy. |

GO TO THE NEXT PAGE

ANSWER ACCORDING TO WHAT YOU PERSONALLY BELIEVE NOW
(Mark "X" according to your beliefs)

- ☐ ☐ 114. Alcohol makes me more tolerant of people
I do not enjoy.
- ☐ ☐ 115. Alcohol makes me need less attention from others
than I usually do.
- ☐ ☐ 116. A drink or two can slow me down, so I do not feel
so rushed or pressured for time.
- ☐ ☐ 117. I feel more sexual after a few drinks.
- ☐ ☐ 118. Alcohol makes me feel better physically.
- ☐ ☐ 119. Having a drink in my hand can make me feel
secure in a difficult social situation.
- ☐ ☐ 120. Things seem funnier when I have been drinking,
or at least I laugh more.